

**Introduced by Senators Speier, Alpert, Ducheny, Johnson,
Kuehl, Ortiz, Soto, and Torlakson**

(Coauthors: Assembly Members Chavez, Levine, Lieber, and
Mullin)

April 24, 2003

Senate Concurrent Resolution No. 27—Relative to physical
education.

LEGISLATIVE COUNSEL'S DIGEST

SCR 27, as introduced, Speier. Physical education.

This measure would encourage state and local governments and local
educational agencies to provide high-quality daily physical education
programs for all children in kindergarten and grades 1 to 12, inclusive.

Fiscal committee: no.

1 WHEREAS, Physical education is essential to the development
2 of growing children; and

3 WHEREAS, Physical education helps improve the overall
4 health of children by improving their cardiovascular endurance,
5 muscular strength and power, and flexibility, and by enhancing
6 weight regulation, bone development, posture, skillful moving,
7 active lifestyle habits, and constructive use of leisure time; and

8 WHEREAS, Physical education increases children's mental
9 alertness, academic performance, readiness to learn, and
10 enthusiasm for learning; and

11 WHEREAS, Physical education helps improve the self-esteem,
12 interpersonal relationships, responsible behavior, and
13 independence of children; and

1 WHEREAS, Children who participate in high-quality daily
2 physical education programs tend to be healthier and more
3 physically fit; and

4 WHEREAS, Physically fit adults have significantly reduced
5 risk factors for heart attacks and strokes; and

6 WHEREAS, The Surgeon General, in “Objectives for the
7 Nation,” recommends increasing the number of mandated
8 physical education programs that focus on health-related physical
9 fitness; and

10 WHEREAS, Physical education programs and curricula should
11 provide for the special needs of pupils in poor physical shape or
12 pupils with physical disabilities or learning disabilities; and

13 WHEREAS, A high-quality daily physical education program
14 for all children in kindergarten and grades 1 to 12, inclusive, is an
15 essential part of a comprehensive education; now, therefore, be it

16 *Resolved by the Senate of the State of California, the Assembly*
17 *thereof concurring*, That the Legislature hereby encourages state
18 and local governments and local education agencies to provide
19 high-quality daily physical education programs for all children in
20 kindergarten and grades 1 to 12, inclusive; and be it further

21 *Resolved*, That the Secretary of the Senate transmit copies of
22 this resolution to the author for appropriate distribution.

